**Whitfield St James’ CE (VC) Primary School**

**Physical Education**

**Intent, Implementation and Impact statement**

**Intent**

Whitfield St James’ Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We ensure that the Physical Education Curriculum is fully inclusive to every child regardless of their physical or learning needs. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills, whilst promoting a love of physical activity and the importance of a healthy lifestyle. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Whitfield St James, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

**Implementation**

Fundamental to the implementation of our Physical Education curriculum is an insistence of high standards of learning, respect and fairness.

* PE at Whitfield St James Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
* The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term.
* Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
* We are soon to launch that a small group of Year 6 children will become Sports Leaders for the school. They will develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
* Children in Years 4, 5 and 6 swim once a week for 15 weeks throughout the school year.
* We encourage the “Daily Mile”, to help meet the government target of all children being active for at least 60 minutes a day.
* We deliver PE lesson with a Teaching Games For Understanding (TGFU) approach to allow the children to practice skills along with developing the social and emotional side of PE.

**EYFS**

In Early Years, physical development is one of the prime areas of learning and is broken down into:

* Moving and Handling
* Health and Self-Care
* Children in Early Years are encouraged in their Physical Activity in all areas of the Early Years curriculum.

**Key stage 1 Physical Education teaching is organised in a way where children can:**

* Explore fundamental movement skills
* Become increasingly competent and confident with their physical movement
* Access a broad range of opportunities to extend their agility
* Access a broad range of opportunities to extend their balance and co-ordination both individually and with others
* Engage in competitive physical activities against themselves e.g. Personal best and with others
* Engage in co-operative physical activities in a range of increasingly challenging situations

**Key Stage 2 Physical Education is organised in a way where children can:**

* Apply a broad range of skills e.g. in outdoor and adventurous activities both individually and in a team situation
* Learn how to use these skills in different ways e.g. through playing competitive games (modified where appropriate) such as basketball, cricket, football, hockey, netball, rounders and tennis and apply the basic principles of attacking and defending
* Learn how to link the skills to make actions and sequences of movement e.g. through dance, athletics or gymnastics to develop flexibility, strength, technique, control and balance
* Enjoy communicating, collaborating and competing with each other
* Develop an understanding of how to improve in different physical activities and sports by comparing performance with previous ones and demonstrating improvement to achieve their own personal best
* Learn how to evaluate and recognise their own success

**Swimming and Water Safety in Key Stage 2**

Whitfield St James pledges that all pupils in Key Stage 2 will be provided with swimming instruction for at least a term. When pupils are taught:

* To swim competently, confidently and proficiently over a distance of 25 metres.
* To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
* To perform safe self-rescue in different water-based situations

**Impact**

The successful approach at Whitfield St James’ results in high quality, challenging and engaging Physical Education which enables pupils to develop a love of sport and a thirst for their own Personal Best. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports both inside and outside of school. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.